



FULL SCOPE AND SEQUENCE

Second Step® Digital Programs for Kindergarten–Grade 8

Kindergarten

Unit 1: Growth Mindset & Goal-Setting

CASEL Core Competencies: Self-Awareness, Self-Management, Relationship Skills

Lesson Title	Objectives Students will be able to:
Lesson 1 We Watch. We Listen. We Think.	Demonstrate they know ways to pay attention
Lesson 2 Why We Pay Attention	Identify reasons to pay attention
Lesson 3 Mistakes Are Okay!	Recognize mistakes are a part of learning by encouraging themselves and others when they make mistakes
Lesson 4 Practice Makes Better	Name two ways they can get better at a skill
Lesson 5—Performance Task Let's Practice and Learn!	Demonstrate paying attention and using kind words to encourage themselves and others while learning something new together

Kindergarten

Unit 2: Emotion Management

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
Lesson 6 Sometimes We Feel Happy	Give at least one reason why they think someone is feeling happy
Lesson 7 Sometimes We Feel Sad	Give at least one reason why they think someone is feeling sad
Lesson 8 Sometimes We Feel Mad	Give at least one reason why they think someone is feeling mad
Lesson 9 We Can Feel Calm	Practice asking for help and slow breathing as ways to feel calm
Lesson 10—Performance Task What Are They Feeling?	Label feelings using behavioral and contextual clues and demonstrate a way to feel calm

Unit 3: Empathy & Kindness

CASEL Core Competencies: Self-Awareness, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
Lesson 11 We Can Be Kind	Give an example of a kind act
Lesson 12 Why Kindness?	Give a reason why they think kind acts are important
Lesson 13 Showing Kindness	Demonstrate two kind acts: asking "Would you like to share?" and "Would you like a hug?"
Lesson 14 Kindness at School	Give at least one example of a kind act they could do in a given situation
Lesson 15—Performance Task Demonstrating Kindness	Give at least one example of a kind act they have done or someone has done for them

Kindergarten

Unit 4: Problem-Solving

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 16 We Can Say the Problem	Repeat a clearly stated problem
Lesson 17 Ready to Solve Problems	Name “feeling calm” as a helpful first step for problem-solving
Lesson 18 Apologizing Can Help	Demonstrate apologizing as a problem-solving strategy
Lesson 19 Taking Turns and Sharing	Demonstrate offering to share or taking turns as problem-solving strategies
Lesson 20—Performance Task We Can Solve Problems	Demonstrate a problem-solving process

Grade 1

Unit 1: Growth Mindset & Goal-Setting

CASEL Core Competencies: Self-Awareness, Self-Management

Lesson Title	Objectives Students will be able to:
Lesson 1 Time to Pay Attention	Demonstrate how they pay attention
Lesson 2 Everyone Gets Distracted	Name behaviors that would help them pay attention when distracted
Lesson 3 You Did It!	Describe how they have gotten better at one skill they've learned
Lesson 4 Helpful Thoughts	Suggest helpful thoughts to encourage themselves to keep trying
Lesson 5—Performance Task We Can Do It!	Demonstrate practicing and paying attention—despite mistakes and distractions—to learn something new

Grade 1

Unit 2: Emotion Management

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness

Lesson Title	Objectives Students will be able to:
Lesson 6 Noticing Feelings	Name one way they can guess how someone feels
Lesson 7 Sometimes We Feel Worried	Name a reason for why they think someone feels worried
Lesson 8 Feeling Calm	Name a reason for why they think someone feels calm
Lesson 9 Feeling Frustrated	Name a reason for why they think someone feels frustrated
Lesson 10—Performance Task Noticing Clues	Label feelings using behavioral and contextual clues and demonstrate a way to feel calm

Unit 3: Empathy & Kindness

CASEL Core Competencies: Self-Awareness, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
Lesson 11 The Power of Kind Acts	Describe how kind acts can help people feel good
Lesson 12 Ways to Be Kind	Demonstrate two kind acts: asking "Are you okay?" and offering their company
Lesson 13 Offering Kind Acts	Demonstrate two kind acts: offering to help and inviting to join
Lesson 14 Practicing Kind Acts	With adult support, demonstrate at least one kind act they could do for others
Lesson 15—Performance Task Demonstrating Kind Acts	Demonstrate at least one kind act they could do for others

Grade 1

Unit 4: Problem-Solving

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 16 How to Say the Problem	State a problem respectfully
Lesson 17 Was It an Accident?	Identify problems caused by accidents and demonstrate an appropriate response
Lesson 18 Ask for What You Need	Describe what they would want and need to solve a problem
Lesson 19 We Can Make It Better	Identify ways to make amends to solve a problem
Lesson 20—Performance Task Solving Problems	Suggest one way to solve a problem

Grade 2

Unit 1: Growth Mindset & Goal-Setting

CASEL Core Competencies: Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 How to Get Good at Something	Identify things they've done to get good at something
Lesson 2 What Mistakes Tell Us	Give at least one example of things they can do to keep going when they get stuck or make mistakes
Lesson 3 Helpful and Unhelpful Thoughts	Identify the likely outcomes of a character's helpful or unhelpful thoughts
Lesson 4 We Can Change Our Thoughts	Replace unhelpful thoughts with helpful thoughts
Lesson 5—Performance Task Learn and Get Better	Apply what they've learned to give advice to someone having a hard time acquiring a new skill

Grade 2

Unit 2: Emotion Management

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
Lesson 6 Feeling Proud	Identify reasons for feeling proud
Lesson 7 Feeling Disappointed	Identify reasons for feeling disappointed
Lesson 8 Help Yourself Feel Better	Generate helpful thoughts as a strategy to regulate strong feelings
Lesson 9 Different Feelings	Recognize that people can have different feelings about the same situation because of their experiences
Lesson 10—Performance Task How Do You Feel?	Explain why different people can have different feelings in the same situation

Unit 3: Empathy & Kindness

CASEL Core Competencies: Self-Awareness, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
Lesson 11 What's Empathy?	Describe how empathy leads to an act of kindness
Lesson 12 Empathy in Action	Describe how empathy has led them to show kindness to others
Lesson 13 Having Empathy	Identify a kind act they could do for someone
Lesson 14 Empathy at School	Use empathy to identify a kind act they could do for a person in their school community
Lesson 15—Performance Task Empathy and Kindness	Use empathy to identify a kind act they could do for a person of their choosing

Grade 2

Unit 4: Problem-Solving

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 16 The Way to Say a Problem	State the problem without blame
Lesson 17 Thinking of Solutions	Generate multiple solutions to a problem
Lesson 18 Which Solution?	Explain why one solution is better than another for solving a given problem
Lesson 19 What Would I Want?	Generate ways to make amends to solve a problem
Lesson 20—Performance Task Be a Problem-Solver	Generate possible solutions and select the solution that makes sense

Grade 3

Unit 1: Growth Mindset & Goal-Setting

CASEL Core Competencies: Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 Changing Your Brain	State what happens in their brain when they learn a new skill
Lesson 2 Getting Better with Practice	Describe the connection between their own practice and effort and the changes that happened in their brain
Lesson 3 More Than Practice	Name two additional actions they can take to improve a skill
Lesson 4 Planning for Practice	Make a practice plan with a partner
Lesson 5—Performance Task Make a Practice Plan	Use a handout to make a practice plan for a skill they want to get better at

Grade 3

Unit 2: Emotion Management

CASEL Core Competencies: Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 6 Why Emotions?	Suggest an example of information that emotions give them
Lesson 7 How Angry?	Differentiate feeling annoyed, angry, and furious through contextual and behavioral clues
Lesson 8 Take a Break	Recognize when and how to take a break to regulate a strong emotion
Lesson 9 How Happy?	Differentiate feeling content, happy, and excited through contextual and behavioral clues
Lesson 10—Performance Task Strength of Feelings	Recognize differences between levels of intensity of similar emotions

Unit 3: Empathy & Kindness

CASEL Core Competencies: Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 11 Kindness and Friendship	Identify kind acts that can build a new friendship
Lesson 12 Building a Friendship	Identify kind acts that can make existing friendships stronger
Lesson 13 My Kind of Kindness	Describe different ways people prefer to be shown kindness
Lesson 14 Asking Questions	Ask questions to determine how someone else feels and identify a kind act they might want
Lesson 15—Performance Task Do Something Kind	Generate kind acts they can do to build a friendship

Grade 3

Unit 4: Problem-Solving

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 16 STEP by Step	Recall a process they can use to solve problems (STEP)
Lesson 17 S: Say the Problem	Restate the wants and needs of each person involved in a given problem
Lesson 18 T: Think and E: Explore	Identify whose wants and needs are met by possible solutions
Lesson 19 P: Pick a Solution	Pick a solution for a given problem and explain why they chose it
Lesson 20—Performance Task Solving a Problem	Solve a given problem using the STEP process

Grade 4

Unit 1: Growth Mindset & Goal-Setting

CASEL Core Competencies: Self-Awareness, Self-Management, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 Setting a Good Class Goal	Apply criteria to identify a good class goal that improves their classroom
Lesson 2 Making a Plan	With adult support, create a collaborative plan to reach their group goal
Lesson 3 Checking Our Progress	With adult support, evaluate their progress toward their group's goal so they can make adjustments if needed
Lesson 4 Reflecting On Our Journey	With adult support, reflect on the goal-setting process and say what they would do next time
Lesson 5—Performance Task Gallery Walk Celebration	Reflect on their goal-achieving process through a gallery walk and celebrate their collective accomplishments

Grade 4

Unit 2: Emotion Management

CASEL Core Competencies: Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 6 The Balanced Brain	Explain why it is important to manage strong emotions
Lesson 7 What Is Rethinking?	Describe the benefits of rethinking a situation
Lesson 8 How to Rethink	Use questions to help them rethink given situations
Lesson 9 Take Another Look	Rethink a situation they have personally experienced
Lesson 10—Performance Task Rethink It!	Rethink a variety of situations

Unit 3: Empathy & Kindness

CASEL Core Competencies: Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 11 The Same, But Different	Explain different points of view in a given situation
Lesson 12 Ask, Listen, Learn	Generate questions a person could ask to better understand someone's point of view
Lesson 13 Seeing It Differently	Ask questions to better understand someone's point of view
Lesson 14 Changing Your Mind	Explain how understanding someone's point of view could change their own thinking or actions
Lesson 15—Performance Task A New Point of View	Demonstrate taking another person's point of view

Grade 4

Unit 4: Problem-Solving

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 16 A Good Problem-Solver	Explain what they can do to be a better problem-solver
Lesson 17 Saying It Respectfully	Describe a given problem from each person's point of view
Lesson 18 Exploring Outcomes	Evaluate possible solutions to a given problem
Lesson 19 A Good Solution	Evaluate which solution best solves a problem
Lesson 20—Performance Task STEP into Problem-Solving	Apply the STEP process to solve a problem from each person's point of view

Grade 5

Unit 1: Growth Mindset & Goal-Setting

CASEL Core Competencies: Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 Let's Dream Big!	Identify goals that are important and interesting to them
Lesson 2 The Power of a Good Goal	Choose a goal that is specific and challenging and create a statement for that goal
Lesson 3 Habits for Success!	Explain the connection between habits and goal achievement and identify specific habits that can support their personal goals
Lesson 4 Overcoming Obstacles	Demonstrate an understanding of strategies for achieving goals, including developing strategies for overcoming obstacles
Lesson 5—Performance Task Continuous Improvement	Generate a unique symbol that represents something they have learned about setting a goal

Grade 5

Unit 2: Emotion Management

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 6 Strong Emotions	Give an example of a recurring situation that causes them to feel strong emotions
Lesson 7 What Is Stress?	Identify signs and causes of stress in themselves
Lesson 8 Planning for Change	Identify what a person can think or do differently to manage their strong emotion in a recurring situation
Lesson 9 What Can I Change?	Identify what they can think or do differently to manage strong emotions in a recurring situation
Lesson 10—Performance Task Making a Change	Identify two things they can change in a recurring personal situation to preemptively manage strong emotions

Unit 3: Empathy & Kindness

CASEL Core Competencies: Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 11 Empathy in the Community	Describe how people used empathy to identify and address a community problem
Lesson 12 What's the Problem?	Identify problems in their community and the people affected
Lesson 13 A Different Point of View	Describe different points of view to build empathy for the people affected by a community problem
Lesson 14 Community Solutions	Evaluate possible solutions to a community problem
Lesson 15—Performance Task Your Solution	Explain how their solution meets the wants and needs of the people affected by a community problem

Grade 5

Unit 4: Problem-Solving

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 16 Beginning to STEP	Explain how to begin the STEP problem-solving process
Lesson 17 When? Where? Who?	Identify when, where, and with whom to work on different problems
Lesson 18 Solutions Web	Predict whether a potential solution will be successful based on the points of view of everyone involved
Lesson 19 Let's Reflect	Evaluate the outcome of a solution based on how it affected everyone involved
Lesson 20—Performance Task Putting It All Together	Apply the STEP process and consider the context in which they might best solve the problem

Grade 6

Unit 1: Mindsets & Goals

Program Themes: Academic Success, Belonging, Growth Mindset, Helping Others, Planning Ahead, Perspective-Taking, Resilience, Starting Right

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 A Soundtrack for Success	Identify how music can be a motivator in challenging times and collaborate to create a classroom playlist that represents determination or overcoming obstacles
Lesson 2 How to Grow Your Brain	Describe what happens in their brains when they try something new and how their brains change with experience and practice
Lesson 3 Trying New Strategies	Name new strategies they can try when they're having trouble learning something new
Lesson 4 Making Goals Specific	Write a specific goal
Lesson 5 Breaking Down Your Goals	Break a big, long-term goal down into smaller, short-term goals
Lesson 6 Monitoring Your Progress	Set progress markers for their goal, determine when their goal has been achieved, and determine if they need to try a new strategy to reach their goal
Lesson 7—Performance Task Bringing It All Together	Create an action plan for achieving a goal

Grade 6

Unit 2: Developing a Positive Sense of Self

Program Themes: Decision-Making, Guiding Principles, Relationships

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 8 What Are Guiding Principles?	Identify what guiding principles are and where they come from
Lesson 9 Your Guiding Principles	Use a process to identify at least one of their own guiding principles
Lesson 10 Making Decisions	Describe how they can use their guiding principles to make decisions
Lesson 11 Multiple Guiding Principles	Apply more than one guiding principle before making a decision
Lesson 12 Thinking Short-Term and Long-Term	Evaluate how they would feel after making a decision using their guiding principles
Lesson 13—Performance Task Using Your Guiding Principles	Apply their guiding principle to make a decision in a given situation

Unit 3: Thoughts, Emotions & Decisions

Program Themes: Conflicts, Resilience, Staying Calm, Thoughts and Emotions

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 14 What Emotions Tell You	Describe why emotions matter in their lives
Lesson 15 Emotions and Your Brain	Describe what happens in their brains when they feel a strong emotion
Lesson 16 How Emotions Affect Your Decisions	Describe how strong emotions can influence the decisions they make
Lesson 17 Managing Your Emotions	Demonstrate and evaluate strategies for managing their emotions

Grade 6

Lesson Title	Objectives Students will be able to:
Lesson 18 What Works Best for You?	Determine the emotion-management strategies that work best for them and choose the best strategy to use in a situation, given the context
Lesson 19—Performance Task Raising Awareness About Managing Emotions	Apply their knowledge from the unit to promote awareness about emotion-management strategies at school

Unit 4: Managing Relationships & Social Conflict

Program Themes: Conflicts, Growth Mindset, Perspective-Taking, Relationships

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 20 You're Changing	Describe the changes they've gone through in the past, the change(s) they're currently going through, and how those changes affect their relationships
Lesson 21 Why Conflicts Escalate	Identify actions that escalate conflicts and determine ways to prevent conflicts from becoming more serious
Lesson 22 Considering Multiple Perspectives	Examine a social conflict from multiple perspectives so they can resolve minor conflicts
Lesson 23 Respectful Communication	Demonstrate how to use respectful language to prevent conflicts from getting worse
Lesson 24 Resolving Challenging Conflicts	Identify and evaluate various solutions to a conflict in order to find the best solution
Lesson 25 Making Amends	Demonstrate how to make amends in meaningful and restorative ways
Lesson 26—Performance Task Conflict Solvers	Demonstrate resolving a social conflict

Grade 7

Unit 1: Mindsets & Goals

Program Themes: Academic Success, Belonging, Growth Mindset, Helping Others, Perspective-Taking, Planning Ahead, Resilience, Starting Right

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 Designing Your Future	Create a vision board that represents their goals and reflect on the efforts needed to achieve those goals
Lesson 2 Creating New Pathways in Your Brain	Explain what happens in the brain when they overcome challenges to learn something new
Lesson 3 Learning from Obstacles	Explain why challenging themselves and overcoming obstacles is an essential part of learning
Lesson 4 Identifying Obstacles	Differentiate between internal and external obstacles and recognize how they have an impact on goal achievement
Lesson 5 Overcoming Obstacles	Anticipate potential obstacles and create an If-Then Plan to address them
Lesson 6 Creating an If-Then Plan	Develop a personal If-Then Plan to help them anticipate and respond to obstacles that could prevent them from reaching their goals
Lesson 7—Performance Task Reflecting on Your If-Then Plan	Analyze their If-Then Plan and reflect on its effectiveness to improve their ability to overcome future obstacles

Grade 7

Unit 2: Developing a Positive Sense of Self

Program Themes: Growth Mindset, Planning Ahead, Self-Concept

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
Lesson 8 What is Self-Concept?	Explain what self-concept is and why it's important
Lesson 9 Your Self-Concept	Describe two or more parts of their current self-concept
Lesson 10 Influences on Self-Concept	Name at least one factor that influences their self-concept
Lesson 11 Changes in Self-Concept	Describe how their self-concept has changed over time
Lesson 12 Your Future Self-Concept	Describe the self-concept they want to have in the future
Lesson 13—Performance Task Who Will You Become?	Describe something they can do now to connect their self-concept to who they want to be in the future

Unit 3: Thoughts, Emotions & Decisions

Program Themes: Conflicts, Resilience, Staying Calm, Thoughts and Emotions

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 14 Emotions Matter	Explain the importance of emotions and describe how emotions can affect their thoughts and decisions
Lesson 15 Feel, Think, Do	Explain how thoughts and emotions are connected and can affect their decisions
Lesson 16 Unhelpful Thoughts	Distinguish helpful thoughts from unhelpful thoughts and analyze how unhelpful thoughts can negatively affect the decisions they make
Lesson 17 Reframe the Situation	Explain how to interrupt unhelpful thoughts and reframe a challenging situation

Grade 7

Lesson Title	Objectives Students will be able to:
Lesson 18 Practicing Positive Self-Talk	Practice using positive self-talk to reframe a challenging situation
Lesson 19—Performance Task Making Better Decisions	• Demonstrate how strong emotions can prompt unhelpful thoughts • Model strategies for managing their emotions

Unit 4: Managing Relationships & Social Conflict

Program Themes: Conflicts, Perspective-Taking, Planning Ahead, Relationships

CASEL Core Competencies: Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 20 What Makes a Conflict Escalate?	Identify common reasons why social conflicts escalate from minor to major
Lesson 21 Keeping Your Cool in a Conflict	Describe how using emotion-management strategies can prevent the escalation of a conflict
Lesson 22 Conflicts and Perspectives	Explain how to listen to and consider someone else's perspective during a conflict
Lesson 23 Resolving Conflict Part 1	Describe the perspectives of everyone involved in a conflict in a nonjudgmental way
Lesson 24 Resolving Conflict Part 2	Consider possible solutions and their consequences in order to find the best solution for resolving a conflict
Lesson 25 Taking Responsibility for Your Actions	Explain what to do to take responsibility for their actions and make things as right as possible
Lesson 26—Performance Task Tips for Resolving Conflicts	Identify the key elements of resolving conflicts successfully

Grade 8

Unit 1: Mindsets & Goals

Program Themes: Academic Success, Growth Mindset, Planning Ahead, Resilience, Starting Right

CASEL Core Competencies: Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 1 Adjust and Achieve	Attempt a self-selected challenge multiple times and reflect on ways to improve between each attempt
Lesson 2 Motivation	Explain what motivation is and why it's important, as well as analyze the factors that influence why individuals feel motivated to engage in some activities over others
Lesson 3 Motivation Factors 1	Explain how success expectation and value influence motivation
Lesson 4 Motivation Factors 2	Explain cost as a factor that affects motivation and describe its three components
Lesson 5 Strategies for Motivation	Identify strategies to increase their motivation levels
Lesson 6 Increasing Your Motivation	Choose a strategy to increase motivation and develop a plan to implement it
Lesson 7—Performance Task Your Motivation Plan	Select an upcoming task and create a plan to increase their motivation to complete it using specific strategies

Grade 8

Unit 2: Developing a Positive Sense of Self

Program Themes: Agency, Confidence, Growth Mindset, Planning Ahead

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills

Lesson Title	Objectives Students will be able to:
Lesson 8 Agency	Explain what agency is by describing how it appears in their lives
Lesson 9 Sources of Confidence	Name a specific source of confidence that led to a personal success
Lesson 10 How to Build Confidence 1	Name a time when they built confidence by preparing their physical and emotional states or by observing others
Lesson 11 How to Build Confidence 2	Name a time when they built confidence using encouragement from others or past experience
Lesson 12 Agency and Confidence	Make a plan to build confidence in a given area
Lesson 13—Performance Task Your Confidence-Building Plan	Make a plan to build confidence in an area of their choice

Unit 3: Thoughts, Emotions & Decisions

Program Themes: Resilience, Staying Calm, Thoughts and Emotions

CASEL Core Competencies: Self-Awareness, Self-Management, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 14 Understanding Stress and Anxiety	Recognize how stress and anxiety affect their emotions, thoughts, and bodies
Lesson 15 Where Does Stress Come From?	Categorize common sources of stress and explain the difference between controllable and uncontrollable stressors
Lesson 16 Can Stress Help You Grow?	Reframe certain types of stress as opportunities for growth
Lesson 17 Strategies for Managing Stress	Demonstrate how to choose strategies for managing stress



Grade 8

Lesson Title	Objectives Students will be able to:
Lesson 18 Changing Strategies and Getting Help	Analyze stressful situations, decide if they need to change strategies or get outside help to manage their stress, and identify people who can help them when they feel their stress is unmanageable
Lesson 19—Performance Task My Stress-Management Plan	Create an individual plan for managing their stress

Unit 4: Managing Relationships & Social Conflict

Program Themes: Academic Success, Belonging, Conflicts, Growth Mindset, Perspective-Taking, Planning Ahead, Relationships, Resilience, Starting Right, Values

CASEL Core Competencies: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making

Lesson Title	Objectives Students will be able to:
Lesson 20 My Values	Identify their core values and how their behaviors demonstrate these values
Lesson 21 Values and Relationships	Describe the connection between their values and healthy behaviors in relationships
Lesson 22 Recognizing Others' Perspectives	Analyze conflicts from multiple perspectives to help prevent them from escalating
Lesson 23 Finding the Best Solution	Generate and evaluate solutions to conflicts that are mutually acceptable to everyone affected
Lesson 24 Making Things Right	Identify a variety of ways for making amends to restore a relationship that's been damaged
Lesson 25 Unhealthy Relationships	Distinguish between healthy and unhealthy relationships
Lesson 26—Performance Task Guide to Healthy Relationships	Describe the importance of choosing healthy relationships, tell if a relationship is healthy, and recognize and manage unhealthy relationships
Lesson 27 High School Challenges	Identify challenges many students face starting high school and people they can go to for help with these challenges